

MONDAY LOWER BODY & CORE

LEGS & ASS

SUPPORTED SINGLE LEG RDL 2X15
SUMO SQUATS 2X15
GOBLET SQUATS 2X15
PLIE SQUAT PULSES 2X15
GLUTE BRIDGES 2X15
WEIGHED CALF RAISES 2X15

ABS FOR DAYS

FLUTTER KICKS 2X15
WEIGHTED CRUNCHES 2X15
RUSSIAN TWIST 2X15
PLANK 1 MIN

WEDNESDAY UPPER BODY

TRI'S & BI'S

ZIMMERMAN CURLS 2X15 (SLOW)
21'S BICEPS 2 SETS
TRICEP ROPE PULL DOWN 2X15
TRICEP PUSH DOWN LAT BAR 2X15

BACK & CHEST

DB BENCH PRESS 2X15
INCLINE DB BENCH PRESS
2X15
LANDMINE ROWS 2X15
LAT PULL DOWNS 2X15

SHOULDERS

CHEST SUPPORTED SIDE LAT RAISES 2X15
SHRUGS 2X15

FRIDAY FULL BODY

BATTLE ROPE 1 MIN
KETTLEBELL SWINGS 1 MIN
MEDICINE BALL SLAMS 2X15
DEADLIFTS 2X15
GOOD MORNINGS 2X15
RENEGADE ROWS 2X15

DUMBBELL SQUAT CLEAN &
PRESS 2X15
SANDBAG DRAG 50 FEET &
BACK
FARMERS CARRY 50 FEET &
BACK
CRUNCHES 1 MIN

WALK 2 MILES EVERYDAY IN THE MONTH OF MAY